

FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



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The US Government's annual report, *America's Children: Key National Indicators of Well-Being, 2007*, that monitors the well-being of the Nation's children and youth was recently released and shows a mixed picture for our Nation's children. This report presents a comprehensive look at critical areas of child well-being. These encompass family and social environment, economic circumstances, physical environment and safety, health care, behavior, education, and health. To read the full press release, visit http://childstats.gov/americaschildren/press_release.asp

The Forum on Youth Investment has recently released a paper on how to effectively engage young people as partners in community change. The principles described in this paper can help build the capacity of organizations and communities to ensure that all youth, particularly those least likely to succeed without help, believe that they have the responsibility and resources needed to make their communities better places for themselves, their families and their peers. The principles, in many ways, document common sense. They are important but simple principles for moving an idea (youth engagement) to impact (youth-supported change). They are things that traditional organizations that work with youth (schools, youth clubs, community centers) and change-focused organizations that want to engage youth (community planning councils, mayor's offices, foundations) can easily use to build a solid framework for getting started. To learn more, go to http://www.forumfyi.org/Files//FINALYouth_Engagement_7.9.pdf



The Boys & Girls Club Day for Kids will be held on September 15th. This event is when millions of adults and children are expected to participate in a variety of activities, such as picnics, parades, street festivals, or carnivals. You can join the BGC Day for Kids festivities by taking the time to spend meaningful time with a young person. For more information, go to <http://www.dayforkids.org>

"There is no more honorable profession than one that makes the world a better place in which to live."

Wilbert E. Scheer



Grant Opportunities

U.S. Airways

SUMMARY: The U.S. Airways Education Foundation supports educational programs that serve disadvantaged or disabled individuals, teach social responsibility, facilitate parents and/or community involvement and enhance academic achievement.

AWARD AMOUNT: \$2,500.

DUE DATE: August 1st.

WEBSITE: <http://www.usairways.com/awa/content/aboutus/corporategiving/education.aspx>

General Electric

SUMMARY: The General Electric (GE) Healthcare Foundation funds nonprofits that focus on youth education and/or promote healthy lives. In the area of education, the foundation's priorities include communities with low graduation rates; programs that help youth from birth through age 18; academic assistance with math, science, reading and writing; arts education; and early childhood programs. As for healthy living, the foundation especially focuses on childhood obesity and other health related issues that increase community awareness and outreach.

AWARD AMOUNT: \$1,000 – \$50,000.

DUE DATE: August 1st.

WEBSITE: http://www.gehealthcare.com/usen/about/gehealthcare_americas_charitable_giving_guidelines.pdf

The Case Foundation

SUMMARY: The Case Foundation's newly launched grant program, **The Make It Your Own Awards**, is about giving grants, tools, and recognition to people who are coming together to discuss what matters, form solutions, and take action in their communities.

AWARD AMOUNT: Twenty semi-finalists will each receive \$10,000 grants to start bringing their ideas to life. Four final grant recipients will then be chosen by the public using an online voting system. These finalists will each be awarded an additional \$25,000 grant.

ELIGIBILITY REQUIREMENTS: Applicants must be 14 or older.

DUE DATE: August 8th

WEBSITE: http://www.casefoundation.org/make-it-your-own/awards?source=partnerNL_YSA

Corporation for National and Community Service

SUMMARY: Qualified faith-based and other organizations may apply for Volunteer Management Grants. The program funds are to assist national, regional, and statewide nonprofit organizations in planning for and implementing activities within their networks and communities to: increase volunteer retention; expand current use of volunteers by creating new volunteer roles and recruiting the appropriate volunteers to fill them; improve both the impact of volunteers' activities and how that impact is measured; and develop strategies that sustain the impact and results associated with the project after the conclusion of Corporation funding. Examples of the types of activities this grant may support include: assessing current volunteer use and management practices; designing competency-based volunteer roles and descriptions; engaging stakeholders in collaborative planning and implementation processes; developing new or improved measurement systems to track the impact of volunteers; conducting recruitment activities or developing strategic partnerships to attract the appropriate volunteers to fill newly created volunteer roles; and implementing volunteer management practices – such as screening, orientation, training, and recognition – to increase retention.

AWARD AMOUNT: A total of \$800,000 will be awarded with individual grants ranging from \$50,000 to \$200,000 each. Interested applicants should note that there is a 33% required non-federal match for this grant.

DUE DATE: Letters of intent are due **August 15, 2007** and applications are due on **September 6, 2007**. The Corporation will host a technical assistance call on August 7, 2007 to answer questions from potential applicants about funding opportunities. Applicants are strongly encouraged to participate in the technical assistance call. Information regarding the technical assistance call can be found at http://www.cns.gov/for_organizations/funding/nofa_detail.asp?tbl_nofa_id=50.

WEBSITE: http://www.cns.gov/pdf/07_0713_nofa_volmanagement.pdf



Training Opportunities

Donor Centered Development

July 24 9am-4pm

Topics: Resource Development, Fundraising

Location: Ivy Tech Community College, 3101 South Creasy Lane Lafayette, IN

Sponsored by: Indiana Nonprofit Resource Network

For more information: Jillian Miller (765)742-8241, <http://www.inrn.org/calendar/calendardetail.aspx?qryIDNum=714109576>

Fee: \$40

Fund Raising 101

July 25 9am-4pm

Topic: Fundraising

Location: Vigo Co. Public Library, 1 Library Square Terre Haute, IN

Sponsored by: Bison Financial

For more information: Jillian Miller (765)742-8241, <http://www.inrn.org/calendar/calendardetail.aspx?qryIDNum=1588577376>

Fee: \$40

Working with the Media

July 26 8-9:30am

Topics: Communication, Marketing

Location: Catholic Center Celebration Hall, 4200 N. Kentucky Ave. Evansville, IN

Sponsored by: United Way of Southwestern Indiana

For more information: June Miller (812)422-4100, <http://www.inrn.org/calendar/calendardetail.aspx?qryIDNum=-1096578815>

Fee: \$10

Business Networking Series

July 26 8-9:30am

Topic: Networking

Location: Sam Jone's Center/Diversity and Race Relations Institute, 777 Indiana Ave. Indianapolis, IN

Sponsored by: Indianapolis Urban League

For more information: Aisha Sabur-Jarvis (317)693-7652

Fee: None

Focus on the Annual Campaign

July 26 9am-4pm

Topic: Resource Development

Location: United Way of Porter Co., 951 Eastport Centre Dr. Valparaiso, IN

Sponsored by: Indiana Nonprofit Resource Network

For more information: Jillian Miller (765)742-8241

Fee: \$40

Incorporating Youth into Your Volunteer Programs

7/31 11:30am-1:00pm

Topic: Volunteers

Location: West Lafayette Public Library, 208 Columbia St. West Lafayette, IN

Sponsored by: Indiana Nonprofit Resource Network

For more information: Jillian Miller (765)742-8241, <http://www.inrnwest.blogspot.com/>

Fee: \$10 (includes lunch)

August and September are popular months for fairs and festivals – a time when most people are focused on the fun and the fried food and much less about eating healthy and tracking steps. In the next two months, Hoosiers can enjoy everything from the Indiana State Fair, Rib America Festival, Indianapolis Irish Festival, Fiesta Indianapolis, Taste of Downtown – not to mention the numerous community festivals and County 4-H Fairs. So how can you survive the “fair and festival season” and still maintain a healthy lifestyle? FitCity encourages you to use a little bit of creativity, practice moderation and try a little will-power.

Don't deny yourself a special once-a-year treat, whether it is an elephant ear or a delicious Mexican pizza. But don't overdo it. FitCity offers these tips to help you enjoy yourself – guilt-free at the next fair or festival you choose to attend:

- Drink water rather than a soft drink
- Walk rather than take the bus or trailer ride (one loop around the Indiana State Fairgrounds = 1 ½ miles)
- Eat a healthy meal before you go
- Pack healthy snacks
- Participate in the interactive activities, such as the Clarian Dance Health Stage at the Indiana State Fair, Flamenco demonstrations during Fiesta Indianapolis or participate in the Indy Irish Festival's 5k run/walk
- Look for healthy alternatives on the menus, enjoy the pork salad at the Indiana State Fair, get applesauce as your side during RibFest or look for the vendors who serve fruit as part of their tasty menu

Limit the “extras” by requesting no butter and ordering your sandwich without cheese

To enjoy the fairs and festivals season at home, you can make your own “fair food” with this easy pork kabob recipe. Keep with the Fair tradition; call it “pork on a stick.” And to enhance your “fair food” meal, add a side of corn-on-the-cob – just remember to leave off the butter and salt for a healthier option.

Pork Kabob

Ingredients

1 ½ lb. lean pork tenderloin, cut into 2 to 3 inch cubes

Kabob skewers, 6 to 8 inches long

Your favorite vegetables like zucchini, green peppers, onions

Marinade

2 Tbsp. pineapple juice concentrate

1 Tbsp. minced ginger

1/3 cup water

2 Tbsp. lime juice



Directions:

1. Place the pork cubes in a ziplock bag.
2. Combine the ingredients for the marinade and add to the pork. Marinade for several hours.
3. Thread six skewers with the marinated pork and your favorite vegetables.

Grill for about 10-15 minutes, rotating the skewers. Make sure the pork is completely cooked all the way through (no traces of pink).

Nutrition information (per serving): 149 calories, 4 g fat, 66 mg cholesterol, 48 mg sodium, 2 g carbohydrates

Remember that one day of experiencing the fair or festival to the fullest isn't going to destroy your healthy habits, but the important thing is to quickly get back on track. For a complete list of Fairs and Festivals in Indiana visit www.visitindiana.com.

FitCity is designed to educate and motivate local residents to make a healthy move and shake Indiana's title of the "tenth fattest state in the nation." To find fitness, nutrition or wellness resources around Indianapolis, local residents can call 2-1-1 or log onto www.INShape.IN.gov or www.fitcity.info.